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U. S. Department of Agriculture

GOOD
STEER
U.S.
GOOD

WHEN YOU BUY MEAT

- protect your pocketbook
- protect your health

U.S. A. A. A.

(Guaranteed)

ALWAYS

look for the safety mark on meats



ON FRESH MEAT AND SAUSAGE



or

U.S.
INSP'D
& P'S'D

ON SMOKED MEAT, BOILED HAMs,
OTHER PREPARED MEATS

**“U. S. Inspected and passed
by Department of Agriculture
Establishment 000”**

ON CONTAINERS OF MEAT, LARD, MEAT SOUPS

These are your safeguards against unwholesome meats

All meat of animals slaughtered or prepared by establishments which engaged in interstate trade must be inspected and marked to show that they have been inspected and passed by the U. S. Government.

These marks tell you that the meat was safe for human food and clean when it left the inspected establishment.

ALWAYS

buy U. S. graded meats

Look for the U. S. (Government) QUALITY mark on meat before you buy.

A U. S. quality stamp is your safeguard against paying for a quality you do not get.

Buy the grade you can afford, and know that you are getting the quality you pay for.

The U. S. Government has meat graders in 21 cities. Any retailer can order from dealers who handle U. S. graded meats, or can buy direct from places where graders are located.

Retailers usually furnish U. S. graded meats when consumers demand them.

Typical U. S. QUALITY stamps look like these

BEEF	VEAL	LAMB	MUTTON	PORK
U. S.	U. S.	U. S.	U. S.	U. S.
GOOD	GOOD	GOOD	GOOD	No. 1
STEER	VEAL	LAMB	MUTTON	PORK

U. S. QUALITY grades (from high to low) are these

BEEF	VEAL	LAMB	MUTTON	PORK (fresh)
Prime	Prime	Prime	Prime	No. 1
Choice	Choice	Choice	Choice	No. 2
Good	Good	Good	Good	No. 3
Medium	Medium	Medium	Medium	
Plain	Plain	Plain	Plain	

ALWAYS

compare costs

before you buy

For every \$1 which New York consumers spend for the lean meat in a Good Grade steer PORTERHOUSE STEAK, they can get for the same money an average of this much more lean meat from the following cuts:

From one-third to one-half more

Sirloin steak

Chuck roast

Rib roast (first 6 ribs)

From one-half more to twice as much

Top sirloin

Boneless rump

Bottom round

Top round

Blade roast

From 2 to 2½ times as much

Corner piece

Clod or cross rib

Flank

Brisket (bone in)

More than 3 times as much

Thick plate

Navel

Cheap cuts usually require long and careful cooking. The U. S. Bureau of Home Economics, Washington, D. C., will tell you how to cook to get the best results.

Spend your food dollar wisely

Food that does not do its part to keep your family healthy is expensive food.

Make your food money provide enough of each kind of food you need for good nutrition, with a margin of safety.

A family of four (two moderately active adults, a boy 10 and a girl 8) can well use these quantities of meat, poultry, and fish—as part of a balanced diet—each week:

4½ pounds for a minimum-cost adequate diet
7 pounds for a moderate-cost adequate diet
11 pounds for a liberal diet

For the rest of the story about balanced diet, write to the U. S. Bureau of Home Economics, Washington, D. C.

To build

strong muscles

—lean meat in the cheapest *cut* has practically the same food value as lean meat in the most expensive.

—one *kind* of lean meat (beef, veal, lamb, mutton, pork) has practically the same value as another.

—lean meat from one *grade* (such as Choice, Good, Medium, Common) has practically the same value as another equally lean cut.

You eat meat—for health—mainly because of its protein and its iron.

Protein builds muscles. Protein values of the lean part of any cut, kind, or grade of meat are so nearly alike there is little to choose between them.

What you pay for in the higher prices of some cuts, kinds, and grades of meat is flavor and tenderness—not food value.

To get the most for your money

- **look for the safety mark
on meats**
- **buy U. S. QUALITY
graded meats**
- **compare prices
of different cuts and
different kinds of meat
before you buy**

This leaflet was prepared
by the

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WASHINGTON, D. C.